

WVNG Joint Force Wellness Newsletter



Welcome to the September 2014 edition of the WVNG Joint Force Wellness newsletter, a monthly wellness publication for all WV National Guard members and their families.

September is National Recovery Month. This national observance shares the message that “prevention works, treatment is effective, and people can and do recovery.” -NCADD

During the month of September, to celebrate Recovery Month, many local organizations across the country hold hundreds of community events including baseball games, picnics, rallies, luncheons, and walks.

In this edition, the focus will be on addiction and recovery as well as some tips on how to prepare for the upcoming Autumn season.



“A lot of people think that addiction is a choice. A lot of people think it's a matter of will. That has not been my experience. I don't find it to have anything to do with strength.”

-Matthew Perry

The mission of the National Guard Psychological Health Program is to advocate, promote and guide National Guard members and their families by supporting psychological fitness for operational readiness. For contact information regarding the Director of Psychological Health in your state or territory or other resources, go to:

www.jointserviceessupport.org/

“If we did the things we are capable of, we would astound ourselves.”

-Thomas Edison

Proclamation of Recovery Month by Governor Earl Ray Tomblin

Proclamation by Governor Earl Ray Tomblin

- Whereas, behavioral health is an essential part of health and one's overall wellness; and
- Whereas, prevention of mental and substance use disorders works, treatment is effective and people recover in our area and around the Nation; and
- Whereas, the benefits of preventing and overcoming mental and substance use disorders are significant and valuable to individuals, families and the community at large; and
- Whereas, people in recovery achieve healthy lifestyles, both physically and emotionally, and contribute in positive ways to their communities; and
- Whereas, we must encourage relatives and friends of people with mental and substance use disorders to implement preventive measures, recognize the signs of a problem and guide those in need to appropriate treatment and recovery support services; and
- Whereas, in 2012, 2.5 million people received specialty treatment for a substance use disorder and more than 34.1 million adults aged 18 or older received services for mental health problems according to the 2012 National Survey on Drug Use and Health; and
- Whereas, to help more people achieve and sustain long-term recovery, the U.S. Department of Health and Human Services (HHS), the Substance Abuse and Mental Health Services Administration (SAMHSA), the White House Office of National Drug Control Policy (ONDCP) and the West Virginia Association of Alcoholism & Drug Counselors, Inc. invite all residents of West Virginia to participate in *National Recovery Month*.

Now, Therefore, Be it Resolved that I, Earl Ray Tomblin, Governor of the Great State of West Virginia, do hereby proclaim *September 2014* as:

Recovery Month

in the Mountain State and encourage all citizens to join me in this observance.

In Witness Whereof, I have hereunto set my hand and caused the Great Seal of the State of West Virginia to be affixed.

Done at the Capitol, City of Charleston, State of West Virginia, this the Twenty-First day of July in the year of our Lord, Two Thousand Fourteen, and in the One Hundred Fifty-Second year of the State.



Earl Ray Tomblin

Earl Ray Tomblin
Governor

By the Governor:

Natalie E. Tennant

Natalie E. Tennant
Secretary of State

What is National Recovery Month?

Louann Petts, Director of Psychological Health, 130th AW

National Recovery Month is an annual observance celebrated each September since 1989. In September and throughout the year, Recovery Month spreads the message that:

- Behavioral health is essential to health;
- Prevention works;
- Treatment is effective; and
- People recover.

Recovery Month is sponsored by the Substance Abuse and Mental Health Services Administration (SAMSHA), within the U.S. Department of Health and Human Services (HHS), in collaboration with approximately 200 Recovery Month Planning Partners who represent local, state and national organizations dedicated to prevention, treatment and recovery.

Good health begins with prevention and this starts with building awareness of the signs and symptoms of behavioral health conditions. Everyone should be aware of the symptoms below so they can help identify if there are experiencing a behavioral health condition, or if they know someone who may have one or more symptoms.

- Feeling sad or withdrawn for more than two weeks;
- Showing signs of confusion and an inability to follow directions;
- Having unusual ideas and experiencing paranoia;
- Responding to hallucinations;
- Seriously trying to harm oneself or commit suicide; or making plans to do so;
- Experiencing sudden overwhelming fear for no reason, sometimes with a racing heart or fast breathing;
- Showing severe behavior that can hurt oneself or others;
- Not eating, throwing up, or using laxatives to lose weight;
- Having intense worries or fears that get in the way of daily activities;
- Experiencing extreme difficulty controlling behavior, putting oneself in physical danger or causing problems in school;
- Using drugs or alcohol repeatedly;
- Having severe mood swings that cause problems in relationships;
- Showing drastic changes in behavior or personality;
- Feeling tired or having problems sleeping; and
- Loss of interest in activities once enjoyed.



For additional information, visit <http://www.samhsa.gov/> or call SAMHSA's National Helpline - 1-800-662-HELP (4357) for information and treatment referral.

High-Risk Situations in Recovery

Jo Anna Scheidler, State Director of Psychological Health (Southern Counties)

You don't recover from an addiction by stopping using. You recover by creating a new life where it is easier to not use. If you don't create a new life, then all the factors that brought you to your addiction will eventually catch up with you again. You don't have to change everything in your life. But there are a few things and behaviors that have been getting you into trouble, and they will continue to get you into trouble until you let them go. The more you try to hold onto your old life in recovery, the less well you will do.

One way of looking at high-risk situations:

- People. (People who you use with or who are related to your use. People who you have conflicts with, and who make you want to use. People who you celebrate with by using. People who encourage you to use either directly or indirectly.)
- Places. (Places where you use or where you get your drugs or alcohol.)
- Things. (Things that remind you of your using.)

How can you avoid high-risk situations? Of course, you can't always avoid these situations. But if you're aware of them, they won't catch you off guard, and you can prevent little craving from turning into major urges.

Make a list of your high-risk situations. Addiction is sneaky. Sometimes you won't see your high-risk situations until you're right in the middle of one. That's why it's important that you learn to look for them. Make a list of your high-risk situations and keep it with you. Go over the list with someone in recovery so that they can spot any situations that you might have missed. Make the list and keep it with you. Some day that list may save your life.

To find Alcoholics Anonymous meetings in WV:

<http://aawv.org/site/meetings.htm>

To find Narcotics Anonymous meetings in WV:

<http://www.usrecovery.info/NA/West-Virginia.htm>

"What would life be if we
had no courage to attempt
anything?"

-Vincent van Gogh

Reference: www.AddictionsAndRecovery.org

Strong Choices—Relating Well

Amy Long, Substance Abuse Prevention Coordinator, state-wide

In recovery we hear “one day at a time.” This is true but with the Army, new training for substance abuse also stresses how relationships can influence us in making low-risk and high-risk choices. We all have connections with people who influence and support us and in recovery sometimes we have to make life changes, which affect the relationships that we currently have.

Hands-on example:

Make a list of the five people in your life that you have strong connections with and write down one or two words about that person that makes them important to you. (ex. Fun-loving, caring, helpful). Now, look at this list and think of the ways you support this person in their lives. It’s important to remember that the choices we make influence others as well. Finally, review your list and reflect on what type of choices you make regarding alcohol and drugs when you are with this person. You may find that even though you are close to one person who may support you, there are times you are in situations with this person who leads you into making high risk choices.

Current use standards:

The only low risk guideline is 0 for illegal/non prescribed drugs and recovery for alcohol.

All others should follow:

- 1 Standard drink per hour
- 2 Standard drinks per day
- 3 Standard drinks on any one day

Standard drink equal 12 oz of beer with 4-7% alcohol content (10 oz of higher content beers)

5 oz of wine

1 ½ oz of liquor

Remember, the choices we make influence our recovery but may also impact others that we have connections with.

If you would like further information regarding the Strong Choices training please contact Jessica Tackett (ADCO) at 304-561-6816 or Amy Long (PC) at 304-561-6818.

“It is never too late to be what you might have been”

T.S. Eliot

Fall Preparation Tips

Denise Tonkin, State Director of Psychological Health (Northern Counties)

How ready is your home for cooler temperatures? After a long, hot summer, homes also need to get into shape to be able to face colder conditions.

Below are some tips to help to prepare for the upcoming Fall season:

1. Have your furnace inspected to ensure that it is in tip-top share for colder temperatures
2. Have your roof checked in order to avoid damaging water puddles and leaks
3. Inspect your plumbing to avoid unexpected bursts
4. Install weather stripping at doors and weatherize your windows
5. Seal up foundation and driveway cracks to avoid further cracking and splitting
6. Check and prepare your fireplace
7. Inspect and clean gutters and downspouts
8. Do an overall check on all cars to ensure proper working of heaters, wiper blades, brakes, and install winter tires if needed.
9. Mow your leaves instead of raking them—studies have shown that this will cause the leaves to decompose and nourish your lawn over the winter
10. Harvest, mulch, and bed-down gardens for the cold weather seasons
11. Plant any flower bulbs that call for autumn planting
12. Prepare outdoor fall activities such as games to have in mind, fire pit cleaning/preparation, and other activities
13. Prepare indoor activities for the family to have in place when the air is too cold to be outdoors
14. Ensure that sweaters, coats, gloves, and hats are in the closets!

Better Homes and Gardens: <http://www.bhg.com/home-improvement/maintenance/weatherizing/your-homes-fall-checklist/>



Feedback on these articles is welcomed. If you have a concern about yourself or a family member, feel free to contact us. Services are free and confidential. We look forward to hearing from you.

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